

# HEALTHMATTERS

## CINCINNATI HEALTH DEPARTMENT NEWSLETTER

**JUNE 2019**

Vol. IX Issue VI

**"We Know Health Matters"**,  
CHD's show on Citicable,  
Time Warner Ch. 23.

### Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to  
share in the newsletter please send  
information to Marla Fuller at  
[marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)

CHD= Cincinnati Health  
Department

 Cincinnati Health  
Department

 @CinciHealthDept

 @cinci\_healthdept



### *June celebrates men's health and fatherhood*

June is Men's Health Month and a chance  
to recognize a father's importance in the  
life of his children. It also provides chil-  
dren with the opportunity to express their  
love and respect for their fathers.

Father's Day is on June 16. It is a day  
when fathers are acknowledged nationally  
for their commitment and care of their  
families and themselves. Men often underestimate the impact they can have  
on the health and growth of their children.



From the beginning, dads can support the mothers of their children in providing  
natural nutrition through breastfeeding. Men can be an important catalyst for  
nursing mothers through informed and supportive care. There are many  
known benefits to breastfeeding for the mother and child. It helps strengthen  
the mother-child bond and protects the baby from many childhood illnesses  
and helps the mother's health by lowering the risk of type 2 diabetes and vari-  
ous types of cancer.

For fathers to be involved in the care of their children, they also have to take  
care of themselves. Heart disease is the number one cause of death in Ameri-  
ca. Significant disabilities can result from heart disease -- some cannot be  
changed, such as genetics or family history. Luckily, there are some things  
men can do to prevent heart disease and model healthier choices for their fam-  
ilies.

### **Blood Pressure**

High blood pressure puts one at a risk for heart disease and strokes. Thirty  
percent of men have high blood pressure. If your blood pressure is greater  
than 120/80, you should talk to your health provider.

### **Cholesterol**

High cholesterol levels can be very dangerous and cause heart disease. Cho-  
lesterol levels are checked via a simple blood test. Talk to your primary care  
provider to see whether you would benefit from early screening.

### **Smoking**

About 20 percent of adult men smoke, which can lead to heart disease. Fortu-  
nately, quitting helps! The increased risk of heart disease goes down as soon  
as you quit.

*Continued on page 3...*



Congratulations! This year marks a significant milestone for those celebrating 5, 10, 15 and 20 years of service to the City of Cincinnati. Last month, every CHD division honored several employees for their years of service, completing their probationary period, and the many wonderful accomplishments they've made during their tenure.

Facilitated by Ms. B. A. Dixon, Human Resources, employees were recognized by their peers in various ceremonies honoring their achievements and dedication to CHD, our patients, and community at large. Those recognized received certificates, cards, and tokens of gratitude during special recognition ceremonies to further underscore CHD's appreciation for their hard work.

This project was one of many new and ongoing initiatives of the Labor Management Committee (LMC) to help boost moral, emphasize the importance that each of team member, and reiterate how the abilities and contributions of staff will always be an important part of our continued success.

We know that achievement and success aren't by accident. Breakthroughs come after spending what seem like hours of hard work and trying new ideas. We applaud your performance and appreciate your commitment to improving population health.

For everyone's years of services, whether you've worked with us for 5 or 35 years, we honor your career milestone and for the part you play in maintaining our performance standards and commitment to excellence.

Recognition programs like these are important. This most recent recognition was done in addition to the awards given to 25 –30 year employees at the February board meeting.

*All recipient received awards based upon their tenure effective 12-31-2018*

### National HIV Testing Day - June 27

Each year on June 27, CHD observes National HIV Testing Day. On this day, we unite with partners, patients and other organizations to raise awareness about the importance of HIV testing and early diagnosis of HIV.

HIV stands for Human Immunodeficiency Virus. It weakens a person's immune system by destroying important cells that fight disease and infection. More than 1.2 million people in the United States are living with HIV and nearly 45,000 people find out they have HIV every year, but 1 in 8 people don't know they have it or experience any symptoms. No effective cure exists for HIV. But with proper medical care, HIV can be controlled. Some groups of people in the United States are more likely to get HIV than others because of many factors, including their sex partners, their risk behaviors, and where they live.

People who have contracted the virus have it for life, since our immune systems can't seem to rid the body of it like other viruses. As the infection progresses, the patient's immune system is irreparably damaged. The body soon becomes prey to various opportunistic infections (ones that healthy people never have to worry about) and certain blood cells numbers plummet.

This is the point at which a patient is classified as having developed Acquired Immunodeficiency Syndrome (AIDS). This represents the final, deadly stage of an HIV infection. AIDS patients require complex treatments in order to stay alive.

More than 90% of new HIV infections in the United States could be prevented by testing and diagnosing people living with HIV and making sure they receive early, ongoing treatment. People who test negative have more prevention tools available today than ever before. People who test positive can take HIV medicines that can keep them healthy for many years and greatly reduce their chance of passing HIV to others.

### Events & Shout Outs!

**June 15-16, from 12:00—9:00 p.m. —** Cincinnati 32nd Juneteenth Festival, Eden Park

**June 8, from 9:00 a.m.—4:00 p.m. —** The Butts Family Foundation, 4th Annual Get It Checked Health Fair, 512 East 13th Street

#### **CONGRATS!**

Congratulations to CHD's Meg Schroeder, MSN, RN, Public Health Nurse, Taft High School Health Center, who received the Award for Excellence in Nursing at the Florence Nightingale Awards ceremony held last month. Shout out to Abbie Crookham, Public Health Nurse, Dater High and Western Hills High Schools, who was a nominee for the award.



Ms. Crookham also received the Interact for Health, Health Nursing Excellence Award on May 6. Congratulations on a job well done!

**Congratulations to Trish Hollis (Accounting) on her retirement!**

World Sickle Cell Day is June 19<sup>th</sup>. Sickle Cell Disease (SCD) is a chronic, life-long disease that affects millions of people across the globe. Sickle Cell Disease is a genetic disease that effects the hemoglobin in a person's red blood cells. Hemoglobin is responsible for picking up oxygen from the lungs and delivering it to vital organs, muscles, and tissues throughout the body. This abnormal hemoglobin causes a change in the shape of the red blood cell it is bound with, which results in the formation of a sickle cell instead of a normal round red blood cell.

Sickle Cell Disease is genetic and is not contagious. The only way for a person to get SCD is if they inherit two abnormal hemoglobin genes, one from each of their parents. The only way to prevent passing on the trait that causes SCD is asking your doctor to be tested to see if you carry the gene. Most people who carry the trait that causes SCD do not have any signs or symptoms. Many people living with SCD live with chronic pain as a result but it effects each person differently, but can potentially damage a number of bodily structures including the spleen, liver, blood vessels, gallbladder, kidneys, brain, heart and eyes. SCD places an individual at higher risk for complications such as infection, stroke, heart disease, high blood pressure, kidney disease, eye problems, gallstones, liver disease, among other things.

## June celebrates Men's health and fatherhood

### Diet and Exercise

Finally, diet and exercise are often talked about and sometimes the hardest things to change. Increased physical activity and adherence to a healthy diet help overall health., especially your heart. Talk to your doctor about the best way to increase your physical activity and how to change your diet for the better.

Healthy fathers nourish children with a strong and healthy sense of self determination and self acceptance. It's equally important for children to know their fathers not only take care of them, they also take care of their health as well.

## Continued....National HIV Testing Day - June 27

### Am I at risk for HIV?

HIV is spread through some of the body's fluids, like blood, semen (cum), vaginal fluids, and breast milk. HIV is passed from one person to another by:

- Having sex (vaginal, anal, or oral) without a condom or dental dam with a person who has HIV
- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if the mother has HIV
- Getting a transfusion of blood that's infected with HIV (very rare in the United States)

Help encourage HIV testing on National HIV Testing Day and every day to ensure people get tested for HIV, know their status, and get linked to care and treatment services. **To schedule HIV/STI testing, call CHD at 513-357-7301.**



## A Message from the Board of Health



Phil Lichtenstein, MD  
Board Chair

Violence, overall, has become a serious public health crisis. Injuries and violence affect everyone, regardless of age, race, or economic status. In the first half of life, more Americans die from violence and injuries — such as motor vehicle crashes, falls, or homicides — than from any other cause, including cancer, HIV, or the flu. This makes injury the leading cause of death among persons 1-44.

From infants to the elderly, it affects people in all stages of life. For every person who dies as a result of violence, many more are injured and suffer from a range of physical, sexual, reproductive and mental health problems. Many more survive violence and suffer physical, mental, and or emotional health problems throughout the rest of their lives.

Kids can use electronic media to embarrass, harass, or threaten their peers. As teens develop emotionally, they are heavily influenced by their relationship experiences, including teen dating. Nearly one in 10 teens reports having been hit or physically hurt on purpose by a boyfriend or girlfriend at least once over a year's time.

Violence places a massive burden on national economies, costing countries billions of US dollars each year in health care, law enforcement and lost productivity.

The Board of Health has been working with CHD to improve the understanding of our community's current health status through specific health indicators and community input regarding issues and areas of concern like violence so we can better address them.



Memorial Day is usually the unofficial start of summer. It is when area pools open to the public. The Cincinnati Health Department is alerting the community about an unseen irritant with a multi-syllable name that could be lurking in the water. Cryptosporidiosis, or crypto, a gastrointestinal illness, is caused by a microscopic parasite and is most commonly spread through water. The parasite is resistant to chlorine based disinfectants.

People can get it several ways, but mostly commonly from contaminated food or water sources. Crypto is passed in the stool of an infected person or animal. It spreads very easily and symptoms which include watery diarrhea and stomach cramps, can last a week to several weeks.

The Cincinnati Health Department says pool owners and managers have to be diligent about hygiene, but the parasite is resistant to chlorine. The CHD works with public pools in Cincinnati to test and monitor pool water hygiene.

The best health option, according to Sharon Hutchins, PhD, MPH, supervising epidemiologist with the communicable disease unit, CHD, is to not enter the water if you are still recovering from an illness or your child isn't potty-trained or is hesitant to get out of the water to use the bathroom. "If you are sick, particularly with diarrhea, you should not be swimming or in public water spaces. Crypto can also spread in fountains or splash areas and be transmitted person-to-person or after handling animals," says Dr. Hutchins.

The parasite is protected by an outer shell that allows it to survive outside the body for extended periods of time that also makes it tolerant to chlorine disinfection. Symptoms include diarrhea, stomach pains and vomiting, according to the Center for Disease Control and Prevention.

#### **Tips to avoid or lessen parasitic infections:**

- When swimming try not to swallow the pool water.
- Drink water only from safe sources.
- Boil any questionable water for at least one minute before drinking.
- Wash all raw fruits and vegetables under running water from a safe source.
- Wash your hands with soap and warm water often, especially after using the bathroom.
- Whenever possible, use a vegetable brush to scrub the outside of fruits and vegetables.



#### ***Sun Safety in the Summer***



Summer is here, which means that many of us will be heading outdoors for activities and enjoying the warm weather. Whether you're outdoors to garden, exercise, attend a barbeque with friends, or lounge by the pool, it is always important to protect yourself from the sun's harmful rays. It is always best to avoid as much sun exposure as possible and follow these rules to limit sun damage:

- Wear sunscreen with a minimum SPF of 15.
- Remember to apply sunscreen about 20 to 30 minutes before you step into the sun.
- Apply a thick layer of sunscreen to any exposed skin. Don't forget your ears, scalp, tops of your feet and hands and face (and yes, even your lips).
- Even if your sunscreen's label says "sweat proof" or "water proof," you should still reapply after 2 hours and every time after you sweat, swim, or rub your skin with a towel.

- Hang out in the shade under a tree or umbrella.
- Wear clothing to cover exposed skin. Dark, tightly-woven clothing is more protective than lighter, loosely-woven clothing.
- Wear sunglasses that protect 100% of UVA and UVB rays.
- Wear a wide brimmed hat to protect your face and neck from sun exposure.
- Sunscreen loses its effectiveness with time, so be sure to throw out old sunscreen after 1-2 years.

Practicing these sun safety tips are very important year round, not just in the summer. The sun's rays can damage your skin at any time of year, even on a cloudy day. Taking measures to protect your skin are always necessary, especially in the summer. Following these tips can help protect your skin from a painful sunburn and even from developing skin cancer!

## Prevention is key to avoid mosquito bites



No one is a fan of being bitten by mosquitoes, but the small insects are already beginning to appear. Although most kinds of mosquitoes are just nuisance mosquitoes their bites are not only itchy but they also spread viruses that make you sick, or in rare cases, cause death. Whether you're staying at home or traveling abroad, preventing mosquito bites is the best way to reduce the risk of mosquito-borne disease.

Mosquitoes can be found in many different environments and you may not always notice when you have been bitten. Mosquitoes bite during the day and night, live indoors and outdoors, and search for warm places as temperatures begin to drop. Some will hibernate in enclosed spaces, like garages, sheds, and under (or inside) homes to survive cold temperatures. Except for the southernmost states in North America, mosquito season starts in the summer and continues into fall.

Warm temperatures and standing water from recent rains create perfect mosquito breeding conditions. Keep your family safe by avoiding getting bit in the first place. The following are some steps that can be taken to help prevent mosquito bites whether you're at home or traveling.

### Avoid mosquito bites.

It is important to prioritize personal protection to protect against mosquito bites.

- Wear EPA-registered mosquito repellents whenever mosquitoes are present and follow label instructions.
- Wear long, loose, light-colored clothing.
- Install or repair screens on windows and doors to keep mosquitoes outside.

### Help reduce mosquito breeding around your home.

Get rid of potential mosquito breeding sites to help prevent mosquito-borne diseases. Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths. Consider using products containing *Bacillus thuringiensis israelensis* (Bti), available at many garden and home improvement stores, to control mosquito larvae in containers that are too large to empty. Follow the label instructions.



### Physician Spotlight

Anisa Shomo, MD (she/her/hers) is a Board Certified Family Medicine Physician. She has an appointment as Assistant Professor at the University of Cincinnati College of Medicine in the Department of Family and Community Medicine. She also practices internal medicine and gynecology at CHD's Braxton Cann Memorial Medical Center, and the Bobbie Sterne Health Center. She began her career at CHD in a school based health center in 2014.

Her interests include healthy lifestyles, preventative medicine, and healthy sexuality. She recently started a business to discuss different health topics, DR SHOMO KNOWS, LLC.

What she likes most about working at CHD is taking care of families and individuals. "The relationships we build and how we can help patients through health problems, grief, and loss allow us to make a positive impact on patient's behaviors," stated Dr. Shomo. "I'm really into preventative medicine. I like to educate my patients about ways they can drastically improve their lifestyle."

Dr. Shomo's interest in family and preventative medicine started when her father was diagnosed with diabetes at the age of 30. She saw his struggle with the chronic disease and made a concerted effort to take care of herself so she wouldn't find herself in a similar situation.

A Cleveland native, Dr. Shomo, is a Family Medicine physician with many interests. She graduated from The Ohio State University with a Bachelors of Arts in Spanish and she is a member of Alpha Psi Lambda, the nation's first coed Latinx fraternity. She is a graduate of The Ohio State University College of Medicine. She completed her Family Medicine residency and Geriatric fellowship at the University of Cincinnati/ The Christ Hospital. Since then she has worked in school based health, nursing home facilities, global health, and underserved clinics during various points in her career. She and her husband wed during their residencies. Her hobbies include traveling, salsa dancing, and running. She has served as Black Girls Run! Ambassador for Cincinnati.



## CONGRATULATIONS ... JUSTIN BERRY, EMPLOYEE OF THE MONTH, JUNE 2019!

It is with great enthusiasm that I announce Justin Berry, CDCAll, as the Employee of the Month for June 2019! As a Health Counselor/Addiction Counselor, Justin is the first official hire for the Cincinnati Health Department in the area of addiction and harm reduction. "We were so lucky to have him apply for the health counselor position because so much of the role involves working with people in active addiction," stated Jennifer Mooney, PhD, MS, Division Director, Community Health.

For the past, year and a half, a good portion of his duties involves helping individuals struggling with addiction through the Cincinnati Exchange Project, a syringe exchange program. This program is a public health harm reduction program aimed at reducing the spread of communicable disease by offering injection drug users access to sterile syringes, as well as safe disposal of used syringes.

"Although we know this program can be quite controversial, we also know that it is fully supported by the Centers for Disease Control and Prevention (CDC) as the best method to reduce the spread of

Hepatitis B and C, as well as HIV," says Dr. Mooney.

Justin staffs the exchange for the City's strategically selected neighborhood locations four days a week. He hopes to engage clients in other services as well, including health care and substance abuse treatment. When not focusing on the mobile exchange project, Justin spends a great deal of time in the community. He works with residents to find housing, food, and treatment services. "This job is not for the faint of heart. You have to muster up all kinds of courage to work with a variety of people experiencing true hardships in many ways. Substance use disorder is usually only one of the many complex issues," says Dr. Mooney.

Dr. Mooney says, "Justin is a true public servant. Where others would turn a blind eye, Justin approaches people and asks how he can help. This is exceptional in a crisis that is tearing apart families through trauma and death. He is an asset to the City."

In addition, Justin is working towards completing his Master's Degree in Social work at Northern Kentucky University. His expected graduation date is May 2020.

Congratulations Justin Berry on a job well done!



### Do you follow CHD on social media?

If not, be sure to like and follow:

Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>  
 Instagram (@cinci\_healthdept): [https://www.instagram.com/cinci\\_healthdept/](https://www.instagram.com/cinci_healthdept/)  
 Twitter (@cincihealthdept): <https://twitter.com/cincihealthdept>  
 Vimeo (CitiCable): <https://vimeo.com/citicable> & <https://vimeo.com/user7753914>

